



Encourage Your Child to Be Active

Make sure your child is active daily. Make activities fun for your child by encouraging play with siblings, other kids, or parents. Help your child to develop the habit of making regular physical activity a fun part of a healthy lifestyle. Try activities like skipping, tag, leapfrog, climbing, running, duck-duck-goose, and hide 'n seek. Limit T.V. watching and playing video games.

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#153



Growing Up with a Healthy Weight

Food Choices & Exercise

GOOD EATING AND EXERCISE HABITS help children grow into and keep a healthy weight. Being overweight can lead to health problems. Your child may not feel well or do well in school.

An overweight child is more likely to be overweight as an adult. Being overweight can lead to heart disease, stroke, high blood pressure and diabetes later in life.

An overweight child should not be put on a diet. The goal is to improve eating and exercise habits. This will lead the child to a healthy weight — without shame or making the child feel bad. Showing your good eating and exercise habits for your child is important!

Tips Toward a Healthy Weight

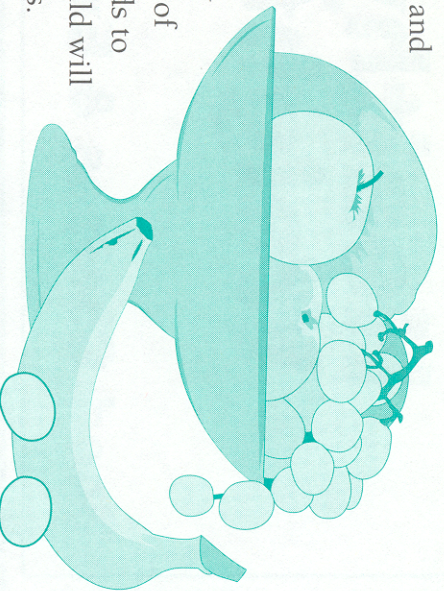
- **Serve healthy meals and snacks**

It is important that you buy and plan healthy meals and snacks for you and your child. Use low-fat cooking methods, such as grilling and baking. Avoid fatty cuts of meat, frying foods, and adding extra fat in cooking. Use the

Food Guide

Pyramid for ideas

on including a variety of foods. With plenty of healthy, lower-fat foods to choose from, your child will form good food habits.



- **Serve meals and snacks at regular times.**

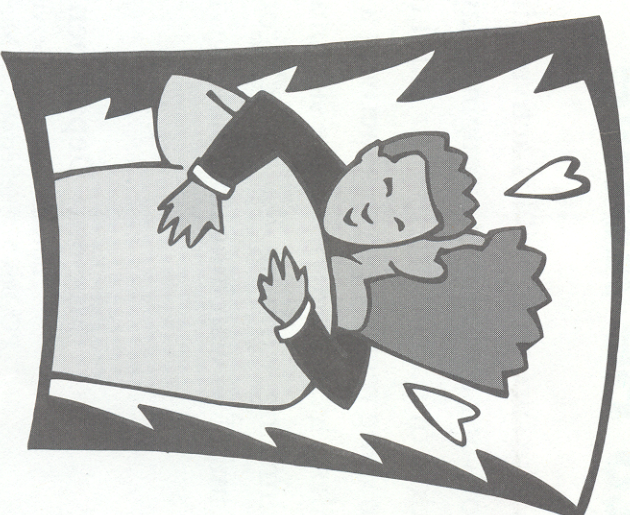
Active children need three meals and two or three snacks daily. Skipping meals or letting your child eat at any time may lead to snacking on high-calorie foods or overeating at the next meal.

- **Let your child decide how much to eat.**

Learning to eat until full (but not stuffed or feeling deprived) is important. Offer, but do not force your child to eat; don't restrict portion sizes.

- **Comfort your child with love — not food.**

Help your child recognize feelings that may be confused with hunger, such as sadness or happiness, boredom or worry. Do not satisfy those feelings with food. Reward your child with hugs and kisses; comfort with love, activities and attention — don't bribe with food!



- **Do not exclude any food entirely.**

Get away from the good food / bad food idea. Any food is OK — once in a while.